



WORKING WELLNESS

Good Health is Good Business

AUGUST 2010

is...

Cataract
Awareness Month

Children's Eye
Health & Safety
Month

National
Immunization
Awareness Month

Psoriasis
Awareness Month

Spinal Muscular
Atrophy
Awareness Month

with...

National Health
Center Week

And more!

For more
information on
these
observances or
future
observances, go
to U.S.
Department of
Health and
Human Services
at www.healthfinder.gov/nho.

Change of Plan !

There's been a change in your Plan. Nothing's gone awry. It's a really great benefit. On August 1, 2010, Amendment #1 to the Group Health Plan Document took effect. This Amendment changes only Section 1 (B) of the Plan. All other portions of the Plan currently remain unchanged.

\$20.00 Co-Pay?

Amendment #1 details the now applicable \$20.00 co-pay for in-network physician office visits. This co-pay benefit includes physician office visits for routine care, diagnosis, and treatment for an illness or non-work related injury. There is no deductible due after the payment of the \$20.00 co-pay.

The benefit does not include diagnostics, surgical procedures, hospital services, obstetric care, chemo/radiation, speech or physical therapy. This benefit also does not include chiropractors (see Benefit Maximums Spinal Manipulations and Massage Therapy in your Plan Document).

Where's my....

By now, you should have received your copy of Amendment #1. Be sure to review it carefully and place it with your copy of the Group Health Plan Document (blue booklet). If you have not received your copy, please contact Alana Thurston at (305) 292-4446. Or visit (type the following into your internet browser's address bar):

http://monroecofl.virtualtownhall.net/Pages/MonroeCoFL_GroupInsurance/index

FIRST_NAME LAST_NAME
DIV

SAMPLE

Monroe County Board of County Commissioners
Group Health Plan Document

Amendment #1

THIS AMENDMENT to the Monroe County Board of County Commissioners Group Health Plan Document (the "Plan Sponsor") effective this 1st day of August, 2010.

WHEREAS, the Plan Sponsor reserves the right to amend the Plan at any time; and

WHEREAS, this Amendment has been duly adopted by the Plan Sponsor to incorporate the following provisions.

NOW, THEREFORE, pursuant to the Plan amendment provision, the Plan shall be amended as follows:

HEALTH FAIRS

Health Fairs will be here soon! Be on the lookout in the next few weeks for the official notification that will contain loads of information. In the meantime, you can mark your calendars for dates of each Health Fair and the dates we start accepting appointments for each Health Fair.



Key Largo ~ September 14th

(contingent upon participation of 20 or more employees, accepting appointments beginning August 24th)

11:00AM – 2:00PM

Nelson Auditorium

Murray E. Nelson Government & Cultural Center

102050 Overseas Highway

Key Largo, FL 33037

September 23rd ~ Marathon

(accepting appointments beginning September 2nd)

10:00AM – 2:00PM

BOCC/EOC Meeting Room

Marathon Government Center

2798 Overseas Highway

Marathon, FL 33050

Key West ~ September 29th

(accepting appointments beginning September 8th)

9:00AM – 2:00PM

BOCC Meeting Room

Harvey Government Center

1200 Truman Avenue

Key West, FL 33040

SPOTLIGHT OF THE MONTH: Wellness Website

www.KeysToQuitSmoking.com

Visit www.KeysToQuitSmoking.com to learn about their Quit Smoking Now program. Some of the aspects of the program are free. They've even developed a chat room to help those seeking additional support and they have locations throughout the Florida Keys.

KeysToQuitSmoking.com is sponsored by KEYS AHEC, the Florida Keys Area Health Education Center. You can visit their website at www.fkahec.org.

So get started now and as they say on KeysToQuitSmoking.com, "Your New Tobacco-Free Life is Closer Than You Think...".



EAP ORIENTATIONS

COMING
SOON!

Be on the lookout for information regarding orientations that will be provided by your Employee Assistance Program (EAP) provider, Horizon Health.

These orientations feature information on your EAP's services, resources and referrals.

They will be specialized for non-management and management employees. In addition, these orientations may be mandatory by some employers. But wait for the official notification to determine if this requirement will apply to you.

EAP SEMINAR

COMING
SOON!

An EAP seminar will take place in the form of a webinar titled "Healthy Living Tips". It will be advertised separately from the upcoming orientations and will not require mandatory participation. Though, we do encourage it!

Stay tuned, as we will distribute the details of this webinar as soon as they are available.

SPOTLIGHT OF THE MONTH: Horizon Health Webinar

Keeping Your Cool in a Hot Headed World

"Today, we find people who are frustrated and angry in all areas of life. You don't have to be one of them. In this webinar you will learn tips to keep your cool under pressure, Help diffuse an angry friend, co-worker or family member and Learn the signs that stress is getting to you." The webinar will take place on:

Thursday, August 19, 2010
2:00 PM – 3:00 PM

To attend this webinar go to (type the following into your internet browser's address bar):

www.horizoncarelink.com

Username: MCBOCC

Password: MCBOCC

*School
is back
in
session!*

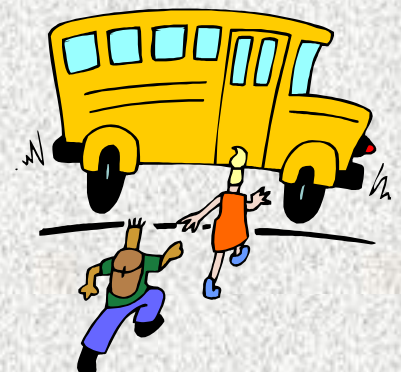
On August 23rd, most of Monroe County schools will be back in session.

Some schools could require your dependent children to obtain physicals and immunizations.

You should contact Wells Fargo TPA to inquire *if* those types of services are covered by the Monroe County Group Health Plan.

Contact information is located on your insurance card or see below:

Wells Fargo TPA
1-800-624-8605

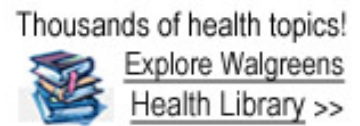




Walgreens Health Initiatives (WHI) is your pharmacy benefit manager. WHI offers a website, www.MyWHI.com, designed exclusively for its members. That means it is especially for you!

Visit www.MyWHI.com to setup an online account that gives you 24/7 access to your WHI prescription history, drug costs under your plan, and much more. Like, the thousands of health topics that can be explored in the Walgreens Health Library.

When visiting www.MyWHI.com, keep an eye on the blue bar on the left hand side of your screen, and scroll down until you reach the icon pictured here.



COMP CORNER

Providing you with continuous general information on your Workers' Compensation benefits.



When an unsafe condition is identified, take action to correct it.

Don't Let Unsafe Conditions Slip By

About **13%** of all workplace injuries involve slipping, tripping or falling.

It is important to **spot unsafe conditions** which may lead to slips and falls.

When an unsafe condition is identified, **take action** to correct the situation to **prevent an accident**.

Slips and falls occur every day as a result of **inattention**.

Ways to avoid slips, trips and falls:

- Be on the lookout for uneven ground surfaces or holes;
- Watch out for foreign substances on the floor or ground;
- Clean footwear thoroughly when entering a building;

- Keep walkways and aisles clear of trash and potential hazards;
- Use handrails on stairs or ramps;
- Ask for help when a load is heavy or bulky;
- Practice ladder safety;
- Remember safe lifting and carrying techniques.

This article is courtesy of our workers' compensation company, Employers Mutual, Inc. (EMI), and was selected from their monthly newsletter, *Safety Matters*.

The full newsletter provides a wealth of information related to employee safety and can be viewed at:

<http://www.emi-tpa.com/images/pdf/safetymattersjuly.pdf>

Future or archived *Safety Matters* newsletters can be viewed at:

<http://www.emi-tpa.com/services/safety-matters.html>

The information shown has been compiled from various sources. Every effort is made by EMI to provide accurate information. EMI does not warrant that the provided information or materials are free from error.

Injured workers are also encouraged to visit the Division of Workers' Compensation website at www.fldfs.com/wc where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.